



# The Inside Scoop

## Fall Prevention and Balance Screening

Tuesday, January 20  
6:30–7:30 p.m.

Worried about your balance?  
After a brief discussion about reducing your risk of  
falling, staff from Superior Physical Therapy will  
provide free balance screenings.

**The Inside Scoop: Education & Ice Cream**

3<sup>rd</sup> Tuesday evening of each month

**Urbana Senior Center**

**9020 Amelung Street, Frederick, MD 21704**

(located on the lower level of the Urbana Regional Library)

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[www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)